

CLAIMS

What is claimed is:

1. A computerized exercise apparatus having an exercise machine operatively linked to a computer having a CPU and memory, comprising:
at least one connection port operatively linked to the CPU of the computer, the at least one connection port for interfacing with an auxiliary device, the auxiliary device having a CPU and memory, the auxiliary device and the computer each having protocols and software for allowing an exchange of data when the auxiliary device interfaces with the at least one connection port operatively linked to the computer.
2. The apparatus of claim 1, wherein the at least one connection port includes a light beam emitter/receiver for interacting with a corresponding emitter/receiver on the auxiliary device.
3. The apparatus of claim 1, wherein the at least one connection port includes a connection port physically interfaced with a connection port on the auxiliary device.

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4. A network of a plurality of computerized exercise apparatus, the network having a plurality of linked individual computerized exercise apparatus, each computerized exercise apparatus linked to at least one server having a central memory core, each computerized exercise apparatus having a base exercise machine linked to a computer, in turn having a CPU and memory, the network comprising:
at least one connection port coupled to the CPU of the computer of at least one of the plurality of computerized exercise apparatus, the at least one connection port for interfacing with a predetermined auxiliary device, the predetermined auxiliary device having at least one CPU and at least one memory, the predetermined auxiliary device and the computer each having protocols and software for allowing an exchange of data when the predetermined auxiliary device interfaces with the at least one connection port coupled to the computer linked to the at least one server having the central memory core.

5. The network of claim 4, wherein the at least one connection port is a light beam emitter/receiver configured to interact with a corresponding emitter/receiver on the predetermined auxiliary device.

6. The network of claim 4, wherein the at least one connection port is adapted to physically interface with a connection port on the predetermined auxiliary device.

7. The network of claim 4, further comprising at least one exchange station, the at least one exchange station further comprising a computer with a memory and CPU and a connection port; wherein, in addition to the exercise apparatuses, the at least one exchange station is operatively linked to the at least one server.

8. The network of claim 7, wherein the at least one connection port includes a connection port having a light beam emitter/receiver for interaction with a corresponding emitter/receiver on the predetermined auxiliary device.

9. The improvement of claim 7, wherein the at least one connection port physically interfaces with a port on the predetermined auxiliary device.

10. A method for tracking exercise by an individual using an exercise apparatus comprising:

providing an exercise apparatus;

providing a computer having a CPU and memory;

connecting the exercise apparatus and the computer; and

providing at least one connection port operatively connected to the CPU of the computer, the at least one connection port for interfacing with a predetermined auxiliary device, the predetermined auxiliary device having a CPU and memory, the predetermined auxiliary device and the computer each having a protocol and software for allowing an exchange of data and for the predetermined auxiliary device to interface with the at least one connection port operatively connected to the computer.

11. The method of claim 10, wherein the at least one connection port includes a connection port having a light beam emitter/receiver for interacting with a corresponding emitter/receiver on the auxiliary device.

12. The method of claim 10, wherein the at least one connection port includes a connection port physically interfaced with a port on the auxiliary device.

13.

A method of tracking exercise by a plurality of users of exercise apparatus using a network comprising:

providing a plurality of computerized exercise apparatus;

connecting the plurality of computerized exercise apparatus in a network, each computerized exercise apparatus connected to at least one server having a central memory core, each computerized exercise apparatus having a base exercise machine connected to a computer in turn having a CPU and memory, said network including at least one connection port connected to the CPU of the computer of at least one of the plurality of computerized exercise apparatus, said at least one connection port for interfacing with a predetermined auxiliary device, said predetermined auxiliary device having at least one CPU and at least one memory, the predetermined auxiliary device and the computer each having a protocol and software for allowing an exchange of data for the predetermined auxiliary device to interface with the at least one connection port connected to the computer connected to the at least one server having a central memory core.

14. The method of claim 13, wherein the at least one connection port includes a connection port having a light beam emitter/receiver configured to interact with a corresponding emitter/receiver on the predetermined auxiliary device.

15. The method of claim 13, wherein the at least one connection port includes a connection port physically interfaced with a port on the predetermined auxiliary device.

16. The method of claim 13, further comprising at least one exchange station, said at least one exchange station further comprising a computer with a memory and CPU and a connection port; wherein, in addition to the exercise apparatuses, the at least one exchange station is operatively linked to the at least one server.

17. The method of claim 16, wherein the at least one connection port includes a connection port having a light beam emitter/receiver for interacting with a corresponding emitter/receiver on the predetermined auxiliary device.

18. The method of claim 17, wherein the at least one connection port interfaces with a port on the predetermined auxiliary device.